Making the New Meal Pattern Work—For Le$$

The following foods are available through Montana USDA Foods in SY 2012-13. Use this list to help you plan budget-conscious and healthy menus that meet the new meal pattern requirement.

2012-13 MT USDA Foods List: *Nutrient Rich and American Grown*

Grain Items

- Flour, All Purpose, Enriched, Bleached
- Flour, Bread, Enriched, Unbleached
- **Flour, Whole Wheat**
- **Brown Rice, Long-Grain, Parboiled**

Dairy

- Cheddar Cheese, Full and Reduced Fat, Shredded
- American Cheese, Sliced
- Mozzarella Cheese, Skim and Low Fat, Shredded

Vegetables

- Green Beans, Canned *
- Corn, Whole Kernel, Canned*
- Tomato, Diced*
- Tomato, Salsa*
- Tomato, Sauce*
- Spaghetti Sauce, Meatless*
- Potato Fries, Wedges, and Rounds (trans fat free and no added salt)

Fruits**

- Apple Slices and Applesauce
- Apricots, Halves
- Mixed Fruit Canned
- Peaches, Sliced and Cups
- Pears, Sliced
- Strawberry, Sliced and Cups

Meat/Meat Alternates

- Eggs, Frozen
- Chicken Diced, Fajita (reduced sodium), Oven Roasted
- Turkey Roasts
- Beef Crumbles, Ground, and Boneless
- Pork Roasts
- Ham, Sliced
- Peanut Butter
- Beans—Vegetarian, Pinto, Kidney, Great Northern

Other

- Vegetable Oil

For more information about USDA Foods visit: http://www.fns.usda.gov/fdd/

For more information about MT USDA Foods contact:

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Department of Defense: Fresh Fruit and Vegetables

A portion of Montana's USDA Food entitlement is allocated to schools for purchasing fresh produce through the Department of Defense's FFAVORS online ordering program. Fresh vegetables from each subgroup and fruits are available for schools to order, depending on the season. Contact Kennie Johnson at MT OPI School Nutrition Programs for more information. E-mail: kennie@mt.gov Phone: (406) 444-4412

* = Low Sodium   **Bold** = Whole Grains   <u>Underline</u> = Beans and Peas Subgroup   Red = Red/Orange Subgroup   **= Packed in juice or water